



BERKELEY LAB

Bringing Science Solutions to the World

Berkeley Lab Training Program

EHS 0054 Ergonomics Telework Training

Course Syllabus

Subject Category: Ergonomics

Course Prerequisite: EHS0059 or EHS0058

Course Length: 10 minutes

Course Mode: Web-based Training

Course Purpose:

This course is designed to provide basic knowledge of ergonomic principles as it pertains to computer-related work while teleworking. Recommendations for setting up your home office, safety considerations while working from home, and a printable job aid will be provided.

Learning Objectives:

After completing this training, participants will be able to:

- Optimally set up their home workspace with their current resources
- Identify at risk postures and areas that are in need of improvement and request assistance if needed
- Encourage employees to be mindful of the importance of breaks and postural changes

Training Requirements: Required to be completed by all those that will be teleworking

Program Subject Matter Experts: EHS Ergonomics Group

Course Instructional Materials: Online web-based training and printable job aid

Practical or performance Assessment / Exam: Questionnaire regarding several areas of your telework set up

Retraining/Recertification: No

Course Evaluation: Feedback from those that have completed the training are encouraged. Contact ergo@lbl.gov.